Serves: 4

Homemade Pork Meatballs with Carrot Cream Sauce

Ingredients

- Ground pork meat 250g
- Egg whites 2
- Parmesan cheese, grated 15g
- Onion, chopped and cooked in microwave with water and salt 40g
- Carrots, peeled and cut into thin slices 200g
- Garlic, peeled 20g
- Wholemeal bread, toasted and made into breadcrumbs 1 slice
- Vegetable broth powder 10g
- Parsley, finely chopped 20g
- Olive oil 2 tsp
- Salt for blanching carrots 1 tsp

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Mix meat with breadcrumbs, egg, cheese, parsley and onion.
- Make small balls with meat mix. Leave in fridge for 1 hour.
- Boil sliced carrot in salted water.
- Blanch garlic in boiling water.
- Blend carrots, garlic and some olive oil to make a light creamy sauce.
- Bake meatballs for 20 minutes in oven at 180°C until done.
- Serve meatballs with carrot cream.

Nutrition Information (Per Serving):
Energy (1kcal = 4.2kJ) 168kcals
Protein 19.3g
Total fat (g and % of total calories) 5.04g (26.9%)
Saturated fat 1.5g
Cholesterol 33.9mg
Carbohydrate 11.6g
Dietary Fibre 2.2g
Sodium 485mg

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